



**Secrets To Eliminating The Root Of Your Problems:
Physical, Social or Financial
978.314.4545 / www.TrishWhynot.com
Fall '09 Newsletter © 2009**

“Just Get Over It”

By Trish Whynot, D.C.Ed.

Finding a new dentist had been on my to-do-list since before my last checkup. But there on my answering machine was a new message ... you guessed it ... confirming my next cleaning. Have you ever been meaning to do something yet find yourself putting it off? Or have you had a project that kept getting carried forward from one to-do-list to the next?

So I called and cancelled my appointment. At least that was one step in the right direction. But three months later I still hadn't had my semi-annual checkup. I'd gone every six months for my entire life, practically. I almost just gave in and made an appointment with the old dentist, but something in me was ready to move forward so I called a hygienist friend instead. I told her what I was looking for in a dentist, she handed me over to their receptionist, and the appointment was made.

“Phew!!” A sense of euphoria came over me the instant the phone landed back in its cradle. How do you feel when you finish a project that has been hanging over your head? Excited, relieved, at peace, lighter, energized? That is because you are no longer feeding it your energy. Even when you are not thinking about an unfinished project there is an undercurrent of energy necessary to keep it alive. Finishing the project frees up that energy.

Why did it take me so long to complete that last liberating step? As Trish Whynot, my inquiring mind wants to know. I want to go after the buried treasure because my findings never fail to add richness to my life. And my intuition tells me that understanding why it took me so long to find a new dentist will be fruitful.

You might be rolling your eyes about now, thinking, *“It's just a dentist, Trish.”* But is it?

“Just a dentist” would not have caused me to procrastinate, especially when my friend is a hygienist. Has anyone ever told you some version of, *“Just get over it?”* Or encouraged you to let go of an experience before you were ready? And did you feel shame for making “too” big a deal out of it? Well, maybe it seemed to others that you were making a big deal out of whatever it was because they didn't know the whole story. So let me share more of *my* story.

I had had the greatest dentist in the world. Not only was he a great dentist, but he had been my dentist since childhood, and he took my whole person into consideration, not just my mouth. He had a genuinely fatherly nature. When my children were young, he'd take extra time after my appointment to let them lie back in the chair while he counted their teeth. It only took a moment, showed how much he cared, and built trust between them. When they were old enough for cleanings, we all reaped the rewards. I never had to battle with them when it was time for a dental visit; they all felt relaxed and safe with him, and so did I. But then he retired and left us in the hands of a dentist who I really didn't care for.

Has anyone who touched you deeply ever moved on from your life or been lifted out of it before you were ready to let them go? A death, a divorce, a loved one moving? What did you feel? Sadness, abandonment, regret, anger, betrayal?

My feelings were:

- Sadness because I was grieving. Although I was happy for him I was sad for me because I was experiencing loss.
- Abandonment because he moved on and left me with this other dentist.
- Anger because I wasn't ready to let him go. He even gave us a good year's notice, but are we ever ready to let go of someone we cherish?
- Regret because I didn't realize how he had touched my heart until it was too late to let him know.

Now you might be rolling your eyes again. *“Come on, Trish, ‘abandoned’ by a dentist?”* *“‘Grieving’?”* *“‘Touched your heart’?”* *“Isn't that a bit much?”*

Initially I thought my anger came from my frustration with the dentist I had been left with, but it took my moving on from her to realize that she hadn't been as bad as I had been telling myself. What my frustration had truly been telling me was that I had not been ready to let go of my beloved dentist. As a rule, when strong feelings are triggered—especially if those feelings seem out of proportion to the situation at hand—it is a signal that they connect to something else in our past, something we haven't dealt with. Therefore, I figured that once I began my grieving process that other experiences of *letting go* would be tied in.

To understand this, let's think about rhizomes. A mint plant spreads not only by producing seeds, but by sending out underground runners called rhizomes. The rhizome then produces roots and sprouts shoots that develop into a new plant, which sends out another rhizome, which sprouts another plant, and so on. Our life experiences are connected to each other much like the mint plants are connected by these rhizomes. I had experienced a string of losses, all of which were connected by this underground system. The rhizomes of mint are shallow (but tough) so when you pull on one plant it causes a chain reaction, disturbing the other plants, much like my feelings of loss.

As I put two and two together, my procrastination, and my excessive frustration with my retiring dentist's replacement, it became obvious that I was experiencing loss and that it was bigger than just my retiring dentist. From there I used my feelings of abandonment as fuel to go deeper into the rhizome of my past—the conduit for my energy that was still feeding some partially grieved losses—and landed at another physical manifestation of loss—a painful breakup from my teen years. That was traumatic for many reasons and my pride—my old version of strength, which was to pretend that I wasn't bothered—prevented me from processing it at the time. It took me years to get over that. But had I truly gotten over it or had the memory just become distant over time?

Now again, you might be thinking, *“Come on, Trish, don't you have more important things to do than rehash something that happened over 30 years ago?”*

Over the course of my adult years I have come to know that real strength is born of humility—having the courage to admit when I am bothered and knowing how to use my feelings to lighten

my past, illuminate my present, and brighten my future. So based on this understanding, I knew with certainty that this was the *most important thing to do* right now. I realized that the feelings I had around my dentist retiring had forced old feelings of loss to the surface; I had disturbed the underground rhizome system, so that I could suddenly see (feel) the interconnectedness of various experiences. Instead of smoothing over the disturbed soil, I dug in. And just as expected, I emerged from this visit into my past with a *Blue Diamond*—knowing without a doubt that I had not been the victim I once thought I had been. This finding was hugely liberating for me.

Rather than seeing myself as jilted, I now saw the loss of that relationship as part of the natural process of growth and change. As part of this natural process, a restructuring takes place where some people fall out of our lives and we fall out of theirs because we have fallen out of alignment in some way. That's what had happened with my dentist. He no longer wanted to be a dentist and I still needed one. Our journeys had simply gone in separate directions. All of a sudden I could clearly see that this was also what had happened with this boyfriend and with other losses preceding it. Our desires for our futures were too different; our paths had crossed but then had to diverge. But at the time all I could do was blame and become the victim.

With this realization, along with the work I had done leading up to it, I was able to put closure to an entire string of similar events, which freed up even more energy. I went into this conduit believing I had been a victim of abandonment and emerged knowing I, and the people around me, had simply changed and that those who reflected our changes (some new, some old) would naturally gather round us. Knowledge is not meant to diminish the hurt we experience, but through having the humility to feel our hurt we are able to experience our knowledge with every fiber of our being rather than holding it only as head knowledge.

Rather than add another event to my string of losses, looking deeper into my procrastination had brought closure to many of the events on the string, liberated my energy, and revealed wisdom that was invaluable to my future.

From the closure of these old abandonments has emerged an entirely new, lighter and hopeful dimension to *letting go*. My future holds the promise that rather than being emotionally charged by a string of past events, *letting go* will become an occasion for gratitude: I will still grieve the loss over what will no longer be, but I'll be able to be grateful for what was, and expect something at least as good if not better—something that matches the new me—to be just around the corner. I'll also be expecting that everyone involved will be getting exactly what they need at the same time, just as I have.

Why did it take me so long to complete that last liberating step? Because I had been experiencing *just a dentist* through the filters of my past, present, and desires for my future. So next time you are told (or want to tell someone) to "*Just get over it,*" think about all the riches that came from my dentist story. You may have just bumped up against an opportunity to retrieve a *Blue Diamond* that will lighten your past, illuminate your present and positively change the course of your future, just as I did.



Trish Whynot, D.C.Ed. is a holistic counselor, Doctor of C.O.R.E. Education and visionary writer. She utilizes meditation and crystals in her alternative approach to eliminating the root cause of problems. She experiences life as an amazing journey, and educates those who desire to live in truth, love and beauty. Private appointments are available via phone or in person at her Middleton, MA office. Call 978.314.4545 or visit www.TrishWhynot.com for information.

All information in this newsletter is based on the opinion and experience of the practitioner. It is the responsibility of the reader to only take what makes sense to them. This information is not meant to be used as a substitute for medical diagnosis, treatment or cure of an illness.